Desserts / Italy

Yoghurt pots with apricot and banana · Italy

Layers of cooked fruit, creamy yoghurt and toasted oats, inspired by Italy flavours.

Time 25 min **Servings** 4

What you'll need.

- ☐ 600 g plain yoghurt made from pasteurised milk
- ☐ 250 g peeled banana
- ☐ 80 g rolled oats
- ☐ 3 g finely grated lemon zest
- ☐ 250 g stoned apricot
- ☐ 60 ml water
- ☐ 40 g honey

Let's make it.

01 Chop the stoned apricot and peeled banana. Simmer gently with the water for 7 minutes.

02 Allow the fruit to cool. Toast the oats for a few minutes in a dry frying pan, then cool them too.

03 Mix the yoghurt with the listed sweet seasoning and half the honey.

04 Layer the yoghurt, cooled fruit and toasted oats in glasses. Drizzle over the remaining honey and serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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